

Recipe Name: Katachi Amti (Recipe In Hindi)
Diet Type:
Course: Lunch
Cuisine: Maharashtrian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 2 cups lentil water - chana lentil water	4
• 1 cup water - as per the experiment	
• 3 long	
• 2 whole black peppers	
• 1 teaspoon cumin	
• 1 teaspoon mustard	
• 1 bay leaf	
• 5 curry leaves - break	
• 1 teaspoon Jaggery - grated	
• 1 teaspoon tamarind paste - reduce as much as you like	
• 1/2 teaspoon goda masala	
• 1 tablespoon oil	
• coriander leaves - little	
• salt - to taste	

Preparation

- To make kachchi mango, first mix the water in the lentils.
- Keep it aside.
- Now heat the oil in a saucepan.
- Add mustard seeds and let it cook for 10 seconds.
- After 10 seconds, add long, bay leaves and black pepper.
- After cooking for 20 seconds, add cumin se.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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250

10

35

10

5

5

